

Connection Kit
April 2025

What's in the April Kit?

The theme this month is *Kick Comfort Cravings*. Did you know 8 out of 10 Americans report feeling highly stressed? Many of us respond to that stress with mindless eating... consuming high-fat or high-sugar foods because we are at an emotionally weak point.

Intellectually, we know that these foods are not helping us. But emotionally, they feel pretty good in the moment! This month's Kit provides you with information and options to help replace mindless eating with mindful eating, creating behaviors that can have a positive impact on your mental outlook and your physical health. The Kit includes:

- These **Instructions**, with all the details and how-tos.
- A **Microsoft Word flyer** that you can customize to whatever level you desire. All colors, fonts and text can be modified. If you want to encourage team participation or an incentive, you can modify the flyer accordingly. If you want to keep this at an individual level, you can use the pre-made **PDF flyer** that is ready to go. Note that this month's flyer has both a front and a back side.
- A **rack card** entitled, "Autobiography in 5 Short Chapters." It is a simple yet reflective reminder that the only way to change outcomes is to change behavior.
- Two **articles** from expert resources. One is titled, "Weight Loss: Gain Control of Emotional Eating" and the other is titled, "Why Stress Causes People to Overeat." Please don't allow the weight loss message in both articles to confuse the issue. Weight loss is not the objective of this month's Kit. However, this article does provide excellent context, especially for your leadership team, around the subject of emotional eating and how to counteract it.

How Can I Use It?

The materials are here for you to use in whatever way makes sense, either for individuals or groups. Here are some things to consider if you are using this as a tool for your organization.

- **Objective:** How would you like to orient the kit? Do you want to leverage it as part of a team support strategy? As a resource guide for individuals? As a corporate challenge to help employees improve health? There are many ways to structure this month's content, all of which can have value for your employees as well as their families.
- **Promotion:** there are many ways to get the word out to your employees. Here are a few suggestions.
 - Post on your intranet.
 - Introduce in a Town Hall or company meeting.
 - Post flyers on restroom doors.
 - Email to all employees.
 - Enclose a copy of the rack card in paycheck stubs, place in employee mailboxes, post on lunchroom tables, etc.
 - Post a QR code linked to the flyer adjacent to your time clock, employee break room, etc.
 - Ask team leaders to lead a discussion around these strategies during team meetings.

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- **Participation:** Determine how you want to encourage group participation and/or extend this out to families. For example:
 - If you choose to serve snacks at meetings, make sure they are healthy options such as yogurt, berries, nuts, cut vegetables, etc.
 - Encourage employees to go for a quick walk if they are feeling stressed, rather than visiting the vending machine.
 - Remind employees to take a lunch break, away from phones and computers. It's important for stress relief, and also to keep people from feeling an irresistible urge to snack.
 - Start a team meeting with a conversation about stress management and allow people to share ideas. Sometimes the mere act of acknowledging the presence of stress can help reduce it!
 - End meetings with a minute or two of deep breathing to help people focus, relax, and prepare to go back to work.

Provide Feedback!

We would love to know how you're using the Kit. Tell us how you implemented it, what your employees thought about it, what you loved, or what we could do to make it better. Visit our website and complete the [feedback form](#) to share your thoughts.

Reminders: When and Where Are the Kits Available?

- **Early Bird Access:** Wellness Foundation newsletter subscribers will receive an email each month that contains the Connection Kit materials. We'll send them out approximately two weeks in advance of the targeted implementation month. Know someone who should be on the list? They can subscribe on our [website](#).
- **Anytime Access:** each kit will be uploaded to our [website](#) one week after it is emailed to subscribers. So you'll always have access to all the Connection Kits, even if you missed the email distribution or want to go back later and re-use something.

About North Ottawa Wellness Foundation

The North Ottawa Wellness Foundation is a council of community partners dedicated to facilitating sustainable wellness for our community.

Since 2017, we have worked together through our member organizations to improve health in the overall population. Our collaborative members have implemented many programming changes to help move the health needle in their own constituent groups. Over time, that work is having an impact. Learn more and find additional resources at northottawawellnessfoundation.org.

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